

August 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Breastfeeding Week (8/1 - 8/7) Simplify Your Life Week (8/1 - 8/7)						
	1  World Wide Web: 15th anniversary	2	3	4  What's in season? Try peaches, peppers, squash or berries!	5	6  National Mustard Day  National Fresh Breath Day
7	8  Sneak Some Zucchini Onto Your Neighbor's Porch Night!	9	10	11	12  United Nations' International Youth Day	13
14	15  National Relaxation Day  National Best Friends Day	16	17	18 Drink plenty of fluids! Water, juice and milk are better nutrition choices than soda.	19  Full Moon	20  National Vinegar Day
21	22	23  Try a new fish or shellfish as a summer entree.	24	25	26	27  Try goat cheese today. You'll like it!
28	29  More Herbs, Less Salt Day	30	31 Try a new fruit or vegetable today.			